

## **Trust Your Gut – CORE Program List of Feeling Words**

HOW TO USE THIS LIST: Sometimes, when someone is not accustomed to recognizing or finding the right words to convey an emotion, having a list to refer to can be a helpful tool. When you suspect you might be feeling something but are having difficulty recognizing or expressing it, refer to the list of words below that describe a variety of emotions, both pleasant, unpleasant, or neutral/mixed. Note that this is not a complete list of all feeling terms, but rather several examples of words representing different emotional states. You may well find that your current emotional state might be best described by a single feeling word, or perhaps by a combination of feeling words, depending on the occasion and circumstances. Just find the word(s) that fit, and write them down, without judging whether they are “good” or “bad”.

Note also that some words may apply to more than one category of emotion. For example, “Dull” feeling might be experienced as a neutral feeling (as in feeling numb) or as a negative feeling (as in lacking stimulation). “Stirred up” might be experienced as a negative feeling (as in anxiety) or as a positive feeling (as in inspired).

**Pleasant Emotions**

Happy  
Calm  
Free  
Confident  
Satisfied  
Glad  
Cheerful  
Elated  
Excited  
Playful  
Energized  
Optimistic  
Thrilled  
Pleased  
Surprised  
Relaxed  
Relieved  
Reassured  
Thankful  
Peaceful  
Impulsive  
Sympathetic  
Accepting  
Delighted  
Tender  
Rebellious  
Passionate  
Comforted  
Daring

**Unpleasant Emotions**

Angry  
Sad  
Scared  
Ashamed  
Afraid  
Irritated  
Empty  
Infuriated  
Worked up  
Hostile  
Sore  
Disappointed  
Grief  
Dismay  
Weary  
Dissatisfied  
Despairing  
Bored  
Upset  
Embarrassed  
Unsure  
Tense  
Stirred up  
Shy  
Sulky  
Discouraged  
Lonely  
Alone  
Vulnerable  
Overpowered  
Hesitant  
Pessimistic  
Jittery  
Hate  
Annoyed  
Nervous  
Aching  
Tormented

**Mixed, Neutral Emotions**

Numb  
Frozen  
Bored  
Stuck  
Neutral  
Ambivalent  
Disinterested  
Reserved  
Cold  
Confused  
Detached  
Dull